

EXHIBIT “M”



155 Crystal Run Road
Middletown, NY 10941

845-703-6999
www.crystalrunhealthcare.com

Patient: Caitlyn Railo
Date of Birth: 08/12/1981
Date: 01/10/2013 05:30 PM
Historian: F2990F8C-99F1-4583-AF88-405ADA3E200A
Visit Type: Office Visit - GYN
Document Type: Chart Note

History of Present Illness:

This 31 year old female presents with:

1. vaginal lump

has recurrent vulvar abscesses. Started 1/6/12. No red, very painful. No fever or drainage.

Past Medical/Surgical History:

Condition	Year	Procedure/Surgery	Year
breast bx		hysterectomy	
Hep C			
hidradenitis			
PTSD			
vag cyst removal			

Gynecologic History:

Postmenopausal age: 31. Type of menopause is bilateral oophorectomy.

Patient has had a hysterectomy.

Date of last PAP: 06/13/2011.

Obstetric History:

Not currently pregnant.

Gravida: 3.

Parity: Term: 1. Pre-Term: 0. Abortion: 2. Living: 1.

Allergies

Reviewed, no changes.

Allergen/Ingredient	Brand	Reaction
HALOPERIDOL LACTATE	HALDOL	
BUPROPION HCL	WELLBUTRIN	

Review of Systems

System	Negative	Positive	Comments
Constitutional	Fatigue, fever and night sweats.		
Gastrointestinal	Abdominal pain, constipation, diarrhea and vomiting.		
Genitourinary	Dysuria and hematuria.		

Vital Signs

Time	BP mm/Hg	Pulse/ml n	Resp/ml n	Pulse Ox	Temp F	Ht ft	Ht in	Wt lb	Wt Kg	BMI kg/m ²	BSA m ²
5:38 PM	102/70					0:0	65:50	114.00		18.68	

Measured By:

Time	Measured By
5:38 PM	Kerri Thompson LPN

Physical Exam**Constitutional:**

Well developed.

Abdomen:

D.

There is no abdominal tenderness.

Genitourinary

Last PAP: 06/13/2011.

There appears to be no vaginal discharge.

Comments: swollen, red R labia majora with solid feeling boil at edge about 1 cm. Not fluctuant.

Assessment Plan

Oth abscess vulva (616.4)

not fluctuant at this time. Bactrim DS BID x 7 days. sitz baths TID. Percocet 5/325 prn pain

F/u Mon 1/14 or earlier if worsening.

Possible I&D

Medications

Started	Medication	Directions	Comment	Stopped
01/10/2013	Bactrim DS 800 mg-160 mg tablet	take 1 tablet by oral route every 12 hours		
	clonidine 0.1 mg tablet	take 1 tablet (0.1MG) by oral route 2 times every day		
08/08/2012	ibuprofen 800 mg Tab	take 1 tablet (800MG) by oral route 3 times every day with food		
01/10/2013	Percocet 5 mg-325 mg tablet	take 1 tablet by oral route every 4 - 6 hours as needed		
09/26/2012	Percocet 7.5 mg-325 mg Tab	take 1 tablet by oral route every 6 hours as needed		01/10/2013
08/08/2012	Toradol 10 mg Tab	take 1 tablet (10MG) by oral route every 6 hours as needed for up to 5 days total use		01/10/2013
	Tylenol 325 mg Tab	take 1 tablet (325MG) by oral route every 4 hours as needed		
	Valium 10 mg Tab	take 1 tablet (10MG) by oral route 3 times every day		

Provider: Robin Karpfen MD 01/10/2013

Electronically signed by Robin Karpfen MD on 01/11/2013 01:06 PM



155 Crystal Run Road
Middletown, NY 10941

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PATIENT: Caitlyn Railo
DATE OF BIRTH: 08/12/1981
DATE: 01/10/2013 5:30 PM

The following is a summary of today's visit with information we hope you find helpful.

Reason(s) for visit: vaginal lump.

Future Appointments

Date	Time	Appt Event	Provider	Location
01/14/2013	11:00 AM	Follow Up Appointment	Karpfen MD, Robin	Middletown 95
01/14/2013	11:00 AM	OB/GYN Office Visit	Karpfen MD, Robin	Middletown 95

Medications

Brand Name	Dose	Sig Description	Comments
VALIUM	10 mg	take 1 tablet (10MG) by oral route 3 times every day	
CLONIDINE HCL	0.1 mg	take 1 tablet (0.1MG) by oral route 2 times every day	
TYLENOL	325 mg	take 1 tablet (325MG) by oral route every 4 hours as needed	
IBUPROFEN	800 mg	take 1 tablet (800MG) by oral route 3 times every day with food	
BACTRIM DS	800 mg-16 hours	take 1 tablet by oral route every 12 hours	
PERCOCET	5 mg-32 hours	take 1 tablet by oral route every 4 - 6 hours as needed	

Railo, Caitlyn 08/12/1981
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5 mg

Allergies

Allergen/Ingredient	Brand	Reaction
HALOPERIDOL LACTATE	HALDOL	
BUPROPION HCL	WELLBUTRIN	

Vital Signs this visit**Height/Weight/BMI**

Height	In	cm	Weight	lb	oz	kg	BMI (kg/m ²)
Ft							
0.0	65.50	0.00	114.00				18.68

Railo, Caitlyn 08/12/1981

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01/10/2013 5:30 PM

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155 Crystal Run Road, Middletown, New York 10941 (845) 703-8998
 7 Hatfield Lane, Goshen, New York 10924 (845) 815-8992
 Box 796, Rock Hill, New York 12754 (845) 794-8999

PATIENT NAME: Caitlyn Railo
 DOB: 08/12/1981

VISIT DATE: 01/10/2013 5:30 PM

Active Medication List as provided by patient to Crystal Run:

Start Date	Generic Name	Brand Name	Dose	Drug Usage	Refills	Quant	Prescribed Else
08/08/2012	IBUPROFEN	IBUPROFEN	800 mg	take 1 tablet (800MG) by 0 oral route 3 times every day with food	0	30	N
09/26/2012	OXYCODONE HCL/ACETAMINO PHEN	PERCOCET	7.5 mg-325 mg	take 1 tablet by oral route 0 every 6 hours as needed	0	30	N
08/08/2012	KETOROLAC TROMETHAMINE	TORADOL	10 mg	take 1 tablet (10MG) by 0 oral route every 6 hours as needed for up to 5 days total use	0	30	N
	ACETAMINOPHEN	TYLENOL	325 mg	take 1 tablet (325MG) by 0 oral route every 4 hours as needed	0		Y
	DIAZEPAM	VALIUM	10 mg	take 1 tablet (10MG) by 0 oral route 3 times every day	0		Y

All Unresolved Allergies:

Description	Reaction	Comments
HALOPERIDOL LACTATE		HALDOL
BUPROPION HCL		WELBUTRIN

Patient Name: Caitlyn Railo DOB: 08/12/1981
 Encounter Date: 01/10/2013 5:30 PM



155 Crystal Run Road Middletown New York 10941 (845) 703-6999
7 Hatfield Lane Goshen New York 10924 (845) 816-6998
Box 795 Rock Hill New York 12754 (845) 794-6998

Date Run: 01/10/2013
Created By: Keri Thompson LPN

Patient Name: Caitlyn Railo DOB: 08/12/1981
Encounter Date: 01/10/2013 5:30 PM



155 Crystal Run Road
Middletown, NY 10941

845-703-6999
www.crystalrunhealthcare.com

Patient: Caitlyn Rallo
Date of Birth: 08/12/1981
Date: 01/14/2013 11:00 AM
Historian: D54C0FD9-9170-4A01-B085-E6BE4AD792B0
Visit Type: Office Visit - GYN
Document Type: Chart Note

History of Present Illness:

This 31 year old female presents with:

1. I/u to vulvar abscess

Pt on Bactrim DS since 1/11/13. Still very painful. No drainage. Decreases in size then increases.

Past Medical/Surgical History:

Condition	Year	Procedure/Surgery	Year
breast bx		hysterectomy	
Hep C			
hidradenitis			
PTSD			
vag cyst removal			

Gynecologic History:

Patient is postmenopausal.

Postmenopausal age: 31. Type of menopause is bilateral oophorectomy.

Patient has had a hysterectomy.

Obstetric History:

Not currently pregnant.

Gravida: 3.

Parity: Term: 1. Pre-Term: 0. Abortion: 2. Living: 1.

Allergies

Reviewed, no changes.

Allergen/Ingredient	Brand	Reaction
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Vital Signs

Time	BP	Pulse/mi	Resp/mi	Pulse Ox	Temp F	Ht ft	Ht in	Wt lb	Wt Kg	BMI	BSA m2
	mm/Hg	n	n							kg/m2	
10:57 AM	100/60					0.0	65.50	114.00		18.68	

Measured By:

Time
10:57 AM Doreen Dino RN

Physical Exam**Procedures:****Incision and Drainage:**

Consent was obtained.

The abscess was prepped and draped using sterile technique. Anesthetic used was 2% lidocaine with epinephrine less than 1 mL. A simple or single incision and drainage of an abscess was performed. A sterile dressing was applied. After care and wound instructions were given. Patient advised to return in 7 Days for wound check. Patient tolerated procedure well.

Comments: Induration of 1.5 cm abscess R labia majora. Surrounding erythema resolved. 5 mm incision inner aspect. Small amt pus extruded and cultured. Cavity irrigated with sterile saline. Minimal bleeding.

Assessment Plan

Oth abscess vulva (616.4)

Culture, Wound Aneur + Aero (DEEP SITE) to be performed.

T&D

Finish antibiotics. T/u 1 week.

Sitz baths TID and rinse with warm water with each BR use. Use clean peripad and loose clothing.

T/u 1 week.

Pt was given 30 Percocet on 1/11/13. PO q 4-6 hrs - says she only has 2 left. Advised if she finishes to switch to Ibuprofen 600 q 6 hrs or 800 q 6 hrs.

Medications

Started	Medication	Directions	Comment	Stopped
01/10/2013	Bactrim DS 800 mg-160 mg tablet	take 1 tablet by oral route every 12 hours		
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	ibuprofen 800 mg Tab	take 1 tablet (800MG) by oral route 3 times every day with food		
01/10/2013	Percocet 5 mg-325 mg tablet	take 1 tablet by oral route every 4 - 6 hours as needed		
	Tylenol 325 mg Tab	take 1 tablet (325MG) by oral route every 4 hours as needed		
	Valium 10 mg Tab	take 1 tablet (10MG) by oral route 3 times every day		

Lab Studies:

Status	Lab Study	Timeframe	Date	Comments	Interpretation Value
cancelled	Culture, Wound	today			
	Acrobic (SUPERFICIAL)				
ordered	Culture, Wound				
	Anaer+Acro (DEEP SITE)				
cancelled	Culture, Wound	today			
	Anaer+Acro (DEEP SITE)				

Provider: Robin Karpfen MD 01/14/2013

Electronically signed by Robin Karpfen MD on 01/16/2013 04:02 PM